Effective peer programming on substance use for the transition years  March 7, 2016

This webinar, co-presented with Parent Action on Drugs (PAD), provided information on school-based peer education programming and the importance of providing transition-aged students with meaningful education on substance misuse. Presenters Patricia Scott-Jeoffroy and Suzanne Witt-Foley, from HC Link and PAD, were joined by a guidance counsellor, public health nurse, a mental health counselor and two student peer educators. The webinar highlighted how and why a program that engages students where they are at is effective and engaging for both the peer educator and their audience.

A few webinar highlights:

- Patricia Scott-Jeoffroy and Suzanne Witt-Foley discussed PAD’s peer education programming, with a focus on the Challenges, Beliefs and Changes (CBC) program. CBC is a peer education program delivered by senior school students to address decisions about alcohol and other drugs.
- Allison Haldenby, East Elgin Secondary School, shared her experiences coordinating the CBC program at her school for three years, and how the CBC program helps grade 8 students make a smooth transition into grade 9.
- Jacky Allan, Elgin-St. Thomas Public Health Department discussed how her department works with school nurses, elementary schools and other stakeholders to promote, organize and deliver the CBC program.
- Brittany Cober, Canadian Mental Health Association Muskoka Parry Sound, provided a mental health perspective, noting that students develop an automatic bond with each other in the CBC program in a way that they don’t with adults.
- Two students from East Elgin Secondary School also shared their experiences of being peer educators in the CBC program, and highlighted that the program helped them get involved and “fit in” while transitioning to high school.

For the complete details:  ► Webinar recording  ► Webinar slides  ► Blog recap

For more on the topic...

- **Backgrounder on Evidence Bases for Effectiveness of Peer-Led Interventions**, Parent Action on Drugs
- **Peer-led interventions to prevent tobacco, alcohol and/or drug use among young people aged 11–21 years: a systematic review and meta-analysis**, Addiction, March 2016
- **Establishing a Peer Education Program**, Community Tool Box from University of Kansas

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